



PLANNING COURS COLLECTIFS

★ ACCESSIBLE AVEC ABONNEMENT ESSENTIAL & PRIVILEGE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10h15 (30') BODYSULPT	10h00 (30') CUISSES ABDOS FESSIERS	10h00 (45') SMALL GROUP TRAINING	09h30 (30') BODYSULPT	
10h45 (45') PILATES MAT ★	10h30 (30') MOBILITÉ		10h00 (45') PILATES MAT ★	10h30 (45') LES MILLS BODYPUMP ★
11h30 (30') STRETCHING			10h45 (30') CUISSES ABDOS FESSIERS	
			11h15 (30') STRETCHING	
12h30 (45') LES MILLS RPM ★	12h30 (45') CIRCUIT TRAINING	12h30 (45') HYROX TRAINING ★	12h30 (45') MOBILITE	12h15 (45') CIRCUIT TRAINING
				13h00 (30') CUISSES FESSIERS
18h30 (30') PILATES MAT ★	18h00 (30') CUISSES ABDOS FESSIERS	18h00 (45') PILATES MAT ★	18h00 (45') CUISSES ABDOS FESSIERS	18h15 (45') CROSS TRAINING
19h00 (60') LES MILLS BODYPUMP ★	18h30 (45') FUNCTIONAL TRAINING	18h45 (30') HIIT	18h45 (45') LES MILLS BODYATTACK ★	19h00 (45') LES MILLS BODYPUMP ★
19h00 (45') HYROX TRAINING ★	19h15 (45') LES MILLS BODYPUMP ★	19h15 (45') BODYSULPT	19h00 (60') VINYASA YOGA ★	19h45 (45') LES MILLS RPM ★
20h00 (30') HIIT	20h00 (30') MOBILITE	20h00 (45') STEP AFRO	19h30 (45') LES MILLS BODYPUMP ★	
20h00 (60') HATHA YOGA ★	20h00 (45') HYROX TRAINING ★	20h15 (90') KRAV MAGA 	20h00(45') PILATES MAT ★	
20h30 (90') KRAV MAGA 			20h15 (45') ZUMBA	
20h30 (45') LES MILLS RPM ★				

SAMEDI	DIMANCHE
09h45 (30') ABDOS FESSIERS	09h30 (45') PILATES MAT ★
10h15 (30') LES MILLS BODYATTACK ★	10h45 (60') HATHA YOGA ★
10h45 (45') LES MILLS BODYPUMP ★	10h15 (30') HIIT
10h45 (60') ZUMBA	10h45 (30') CUISSES ABDOS FESSIERS
11h30 (45') LES MILLS RPM ★	11h15 (45') BODYSULPT
12h15 (45') MOBILITE	12h00 (45') STEP AFRO

INFOS DU CLUB

LUNDI À JEUDI 7H00 - 22H00
 VENDREDI 7H00 - 21H00
 SAMEDI 9H00 - 19H00
 DIMANCHE 9H00 - 17H00

centralfitcharenton@gmail.com

07 85 06 57 20

 RESERVATION LesMills, Yoga, Pilates SUR L'APP CLUB CONNECT À PARTIR DE 8H LA SEMAINE / 9H LE WEEK END